

Roasted Fish Crispy Slaw Wrap

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, Sandwiches, F-13r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh red cabbage, shredded	1 lb 9 oz	2 qt 1/2 cup	3 lb 2 oz	1 gal 1 cup	1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
*Fresh white cabbage, shredded	1 lb 9 oz	1 qt 2 1/2 cups	3 lb 2 oz	3 qt 1 cup	
*Fresh carrots, shredded	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	2. Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until ready to serve.
*Fresh bok choy, julienne sliced	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
Fresh cilantro, chopped		1/2 cup		1 cup	
Light Balsamic vinaigrette dressing		2 1/3 cups		1 qt 2/3 cup	
Frozen Tilapia filets, thawed (4 oz portions)	6 lb 4 oz	25 pieces	12 lb 8 oz	50 pieces	3. Place Tilapia portions on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.
Extra virgin olive oil		1/4 cup		1/2 cup	
					4. Brush oil on Tilapia and sprinkle with slat-free

Salt-free chili-lime seasoning blend		1/4 cup 1 Tbsp	2 oz	1/2 cup 2 Tbsp	<p>5. Roast: Conventional oven: 375 °F for 12 minutes Convection oven: 375 °F for 9 minutes When done, fish will flake easily with a fork.</p> <p>6. Critical Control Point: Hold at 135 °F or higher.</p>
*Fresh romaine lettuce, julienne sliced	13 oz	1 qt 2 1/4 cups	1 lb 10 oz	3 qt 1/2 cup	
<p>7. Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.</p>					
Whole-grain tortillas, 8" (1.7 oz each)		25		50	
*Fresh avocados, sliced 1/4"	7 1/2 oz	25 slices	15 oz	50 slices	
*Fresh limes, cut into quarters	5 oz	25 quarters (about 7 limes)	10 oz	50 quarters (about 14 limes)	<p>8. Cut diagonally in half and serve.</p> <p>9. Portion 1 wrap (two halves).</p>

Notes

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure that other children will enjoy this crunchy, tasty delight!

Liberty Middle School

Orlando, Florida

School Team Members

School Nutrition Professional: Sharon Springer

Chef: Ed Colleran (Executive Sous Chef, Universal Studios)

Community Member: Sarah Thornquest (Physical Education Teacher)

Students: Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

1/2 wrap (one half) provides: 1 1/4 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 3/8 cup other vegetable, and 3/4 oz equivalent grains.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Red Cabbage	1 lb 14 oz	3 lb 12 oz
White Cabbage	1 lb 12 oz	3 lb 8 oz
Carrots	1 lb 14 oz	3 lb 12 oz
Bok choy	1 lb	2 lb
Romaine Lettuce	1 lb 4 oz	2 lb 8 oz
Avocados	12 oz	1 lb 8 oz
Limes	7 limes	14 limes

Serving	Yield	Volume
1 wrap (two halves) provides: 2 3/4 oz equivalent meat, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 7/8 cup other vegetable, and 1 1/2 oz equivalent grains.	25 Servings: about 16 lb 50 Servings: about 31 lb 8 oz	25 Servings: about 2 gallons 25 wraps 50 Servings: about 4 gallons 50 wraps

Nutrients Per Serving					
Calories	342	Saturated Fat	2 g	Iron	3 mg
Protein	29 g	Cholesterol	50 mg	Calcium	69 mg
Carbohydrate	37 g	Vitamin A	6406 IU	Sodium	541 mg
Total Fat	10 g	Vitamin C	47 mg	Dietary Fiber	6 g